

# Walk to Health 2015 Sponsors

## Week 1 - Tracking Techniques

Experts encourage you to utilize tracking to improve your fitness results. That extra step of documentation can help you evaluate your weekly results and set goals to challenge yourself. Several websites listed below have tracking programs and many recommend using an app for your smart phone. Keep your momentum going!!

- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- [www.sparkpeople.com](http://www.sparkpeople.com) has three free trackers: track my food, track my workout and track my weight & mobile phone apps
- Super Tracker at [www.choosemyplate.gov](http://www.choosemyplate.gov) provides several free tracking systems
- [www.freefitnesstracker.com](http://www.freefitnesstracker.com)
- [www.walknebraska.org](http://www.walknebraska.org) is provided by UNL Extension Service and will give you a virtual walk across Nebraska with various trails
- Let us know what free fitness trackers you utilize & we will share them!



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